

8-18-2017

Iowa State Daily (September 18, 2017)

Iowa State Daily

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HORTICULTURE RESEARCH
Iowa State's Horticulture Research Station celebrated their 50th anniversary Saturday. Find coverage of the event online.

>> MORE ONLINE



HOCKEY
The Iowa State's Women's Hockey Club prepares and discusses their goals for a new season.

>> PAGE 6

ROTC



ROTC celebrates POW/MIA Day

Air Force cadets run 32 miles in commemoration

KATLYN CAMPBELL/ IOWA STATE DAILY

Members of the Iowa State Air Force ROTC push 11 miles as they run down U.S. Highway 69 on their way from the Capitol Building in Des Moines to Iowa State University in Ames for National POW/MIA Recognition Day on Sept. 15.

As the sun rose above the Iowa State Capitol, 16 Air Force ROTC cadets stood in files on either side of a podium as Adam Gregg, Iowa lieutenant governor, spoke Friday morning.

"Today we are all here for a solemn purpose and a time of solemn remembrance," Gregg said.

On the third Friday of each September, the day is recognized as Prisoners of War/Missing in Action Day. The Air Force ROTC unit at Iowa State commemorates this day by running from the Iowa State Capitol building in Des Moines to the Memorial Union on Iowa State's campus, a 32-mile journey.

"The day is a remembrance of those that are still missing, which we still have from past wars," said Paul Wiza, a senior who ran in his third POW/MIA run Friday. "They're not forgotten, even if they are lost."

Even today, nearly 83,000 Americans remain unaccounted for, from wars spanning back to World War II, according to the Defense POW/MIA Accounting Agency.

"We must always keep those POW/MIA soldiers and their families in our hearts and mind," Gregg said.

Each year, the cadets begin at the Capitol and run along U.S. Highway 69 north into Ames, to the Memorial Union, ending in the Gold Star Hall.

In whole, the run spans 32 miles, longer than a marathon. For many, the run is split up and a second group of cadets joins along the route. Wiza decided to attempt to conquer the whole run.

"It's a long run," Wiza said, "I don't know where my mind will be 18 to 20 miles in, but for such a special day and having the cadets beside me will definitely motivate me to push through any physical pain I have to make it the whole way."

Wiza said he ran 28 of the 32 miles three years ago, and about 26 miles the year before.

The Air Force ROTC cadets do regular physical training, but Wiza himself has put in a little extra time so he accomplishes his goal. This summer, Wiza said he went through marathon training and that he's had this day in mind for a while now.

While Wiza has been focused on this run for some time, Bronson Rodgers, freshman in aerospace engineering, first experienced a run of this length on Friday.

"This will be the first time I've run anything this long," Rodgers said prior to the run. "That may seem daunting but running with the rest of the group makes it all worth it."

Rodgers knew he may not be able to make the full 32 miles, but for him and the other cadets, that's not what matters most.

"It's a big source of pride for us to be able to come out and do this for the POW/MIA soldiers," Rodgers said.

Being together and honoring POW/MIA Day as a group makes the day more unique, Wiza said.

"It's really motivating having your team with you," Wiza said. "It has a bigger and deeper meaning to do it together."

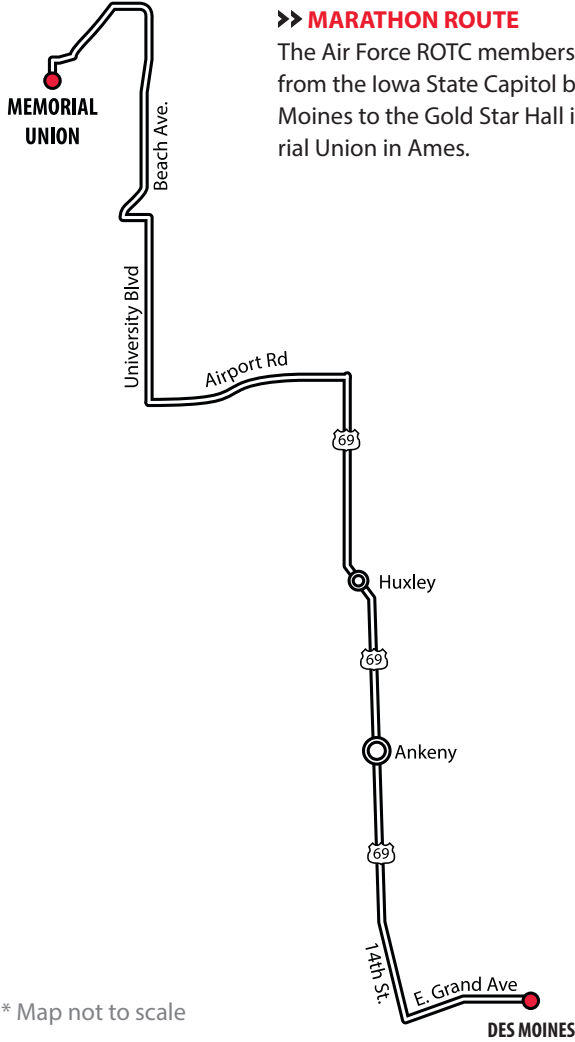
The cadets set off running together as a block, led by two cadets each carrying flags, one the American flag and one the POW/MIA flag, flanked by escorts.

They ran through the Des Moines and Ankeny areas, where often the people passing would stop and recognize what the cadets were doing.

"The first half was awesome," Wiza said after the run. "Some people would stop, put a hand over their heart, and that really motivates you during a run like that."

The group got to the Memorial Union at 3:20 p.m., out of breath and drenched in sweat, finishing the 32 miles in 92-degree heat and a blistering sun.

BY TRISTAN.WADE
@iowastatedaily.com



>> ROTC PG8



COURTESY OF JOHN HAILA
John Haila, ISU alum and former Ames Transit Agency Board of Trustees member, gathered opinions and offered support to Mayor Ann Campbell before deciding to run for mayor.

Mayoral Candidate John Haila walked in the side door of HAILA Architecture Structure Planning Ltd. in downtown Ames at a brisk clip.

There was a sense in the office that Haila, or John as he is known to his colleagues, was extremely busy. Although Haila sold HAILA-ASP last year, he still works with the firm on a consultation basis while campaigning for mayor.

“I was approached by a couple people who said ‘Hey [Ann] Campbell may not be running again, would you consider running for mayor?’”

Describing himself as “passionately non-partisan,” Haila explained his platform with a series of questions and objectives.

“How can we continue to build on the strong foundation that preceding councils and mayors have laid,” Haila said. “And to continue on a path of appropriate growth, strengthening and starting a conversation with the university, what is happening with enrollment?”

“Enrollment is down by a few hundred students for the first time in like over a decade. Is that a anomaly, or is that possibly a trend? What is the university president going to focus on? We need to talk together because we need the university to be a success, we want the students to be successful, because that will make the city continue to be successful.”

Enrollment at Iowa State in 2016 was 36,660 and is 36,321 in 2017. University officials described the enrollment decrease as an anticipated “leveling off.”

Haila added that he wants to ensure that jobs in the public sector in Ames continue to be stable or grow because of how many of the jobs in Ames fall in that category.

When tackling key issues impacting Ames, Haila felt the most important course of action was to get input from as many impacted constituencies as possible.

On the topic of Ames being a “sanctuary city,” Haila was not aware that Ames had been designated as such but was aware of certain policies that are related to the designation.

CITY POLITICS

Haila puts in bid for mayoral race

“I do know that the police department has made it abundantly clear to council at a council meeting that they do not target, nor if they have any kind of traffic violations or any other altercations, they do not go looking and checking to see if someone is an undocumented resident,” Haila said.

While Haila did not feel prepared to make a judgment either way on agreement or disagreement with Ames being a sanctuary city, he did share some opinions on the topic.

“I do not advocate for people actively being sought out and deported, but I’m also highly committed to we are under a rule of law, and federal law and state law need to be abided with and to be an outlier to trying to reject that ... to try and go a different direction could become a very slippery slope,” he said.

In regards to the state legislature recently voting that housing laws related to the number of family members in a household are illegal, Haila again stressed his belief in hearing as many viewpoints as possible before making decisions about how the city should respond.

“That’s actually one of the things that I’m really committed to is getting people around a table and talking about things and I already started talking to some developers and some realtors, and talking to neighborhood associations, ‘okay we need to get together and come up with a solution that listens to and respects everyone else, as well,’” Haila said.

Although Haila was unaware of the phrase “lease-gap,” he was aware that students often have a period of time at the end of summer when they are between leases. Haila had “heard of it being a few days,” but was unaware students can spend weeks without housing.

“I don’t know if the city really gets into that, or not, from the standpoint that it’s really a landlord, property-owner situation. I can understand and am very sympathetic to the plight that it puts students in, without question,” Haila said.

Haila said he wants to seek a solution to these housing issues by having more conversations. He said he was unsure whether there is a solution.

BY K.RAMBO
@iowastatedaily.com

>> HAILA pg8

MEDICAL APARTHEID

Harriet Washington is medical ethicist and author of the best-selling book *Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present*.

Harriet Washington

The History of Experimentation on Black Americans

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BUSINESS

Business Week paves way to job placement



CHRIS ANDERSON/ IOWA STATE DAILY

BY DAWIT.TILAHUN
@iowastatedaily.com

Jacob Crawford, freshman in pre-business, shared that the biggest challenge in the Business Week Innovation Pitch Competition was being confident speaking in front of people.

With the end of Business Week, the College of Business looks to broaden its involvement with students and allow for networking and personal development for its student body moving toward the career fair.

Business Week is a week full of informal networking opportunities for students to connect with employers featuring activities like: the CEO series, resume workshops, mock interviews, volunteering opportunities and even a trivia night.

“We continue to work to try to leverage the employers to really get them engaged on a more informal basis with the students,” said David Spalding, dean of the College of Business.

The importance of going to the career fair and student involvement with employers is a critical factor of business week.

By engaging in an environment where a job is not immediately on the line, students can practice developing their soft skills.

“It is about trying to create a level of excitement in advance to the career fair,” Spalding said.

Spalding emphasizes the importance of making a continuous impression with employers by not only engaging them at the career fair, but also encouraging students to meet with them in an informal setting during Business Week.

A majority of involvement is seen among seniors and juniors, but the college urges freshman and sophomores to actively participate and begin to cultivate those relationships, especially at a

younger age.

Employers will notice a student’s interest when there is continuous engagement.

“The main metric I look at to determine whether we are doing our jobs here at the College of Business is our placement number,” Spalding said.

The placement number is the percentage of students that are actively engaged within six months of graduation from the undergraduate programs. Business Week when combined with the Career Fair allows students to build their networks to a further degree.

“We try to get students involved through classes, faculty and fun activities,” Spalding said.

Looking to next year’s Business Week, the college aims to make it better than it was this year. The college does this by gathering feedback from students through a survey.

Trivia night was a new addition to Business Week, based off of surveying from the previous year.

“The biggest improvement we had was the service event. We worked with Meals for the Heartland where we packaged 20,000 meals,” said Gracen Kostelecky, chair of the Business Week’s planning committee.

Spalding says this year was the best Business Week so far, but the next one will be even better.

“After each year we survey students and sponsors on what we can improve on,” Kostelecky said.

Students are allowed the opportunity to voice what they believe worked in Business Week and

“We try to get students involved through classes, faculty and fun activities.”

- Dean David Spalding

what did not work, so as to improve the quality of the week. Students will be sent an email soon asking them to express their ideas for change.

When deciding what will happen during Business Week, the college combines events that are both fun for students with those that will prepare them for the career fair.

Mixing in networking and formal dinners with donuts and trivia night is how the College of Business aims to appeal to both elements.

CAMPUS

Residence halls to see bathroom renovations

BY RYAN.PATTEE
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After years of waiting, six of Iowa State’s Richardson Court residence halls will be undergoing bathroom renovations.

The bathrooms in Birch, Welch, Roberts, Barton, Lyon and Freeman residence halls will be renovated in order to align them with requirements laid out in the Americans with Disabilities Act. The project, which officially began in May 2016, has been in talks since Pete Englin became Director for the Department of Housing.

“We looked at doing renovations for bathrooms, probably when I started as director 12 years ago,” Englin said.

Residence halls across campus have been doing bathroom renovations since 1999 when Maple Hall got community restrooms similar to Larch and Willow, and the current renovation project has taken much longer due to a lack of funding.

“It’s all been about budgeting, it always has,” Englin said.

Ideally, these projects would be taken care of quickly and efficiently, however funding has been focused on larger projects and issues happening on campus.

Now that housing does have the funds, they are sparing no time in getting the Richardson Court project done.

These bathrooms will align with the requirements of ADA, which will provide easier access and facility usage to students with disabilities. Due to budgeting, the university has been behind on accommodating for these ADA regulations.

The renovations in these halls include a community sink for residents to talk to one another while getting ready for their morning classes.

While the communal sink will allow a social aspect, the rest of the bathrooms will allow for more privacy in both the restrooms and the showers.

Both the bathrooms and showers will be self-enclosed and will prevent any possibility of spying or taking photos of other students while using those facilities, an issue that Englin stated had occurred on other campuses, and is tackling with the layout of the renovations.

Overall, the renovations will create safe and improved facilities for students who live in those Richardson Court residence halls.

Englin’s plan for the future is to continue renovating the current bathrooms and hopefully get some feedback to do more renovations in the future.

POLICE BLOTTER

9.9.17

Molly Margaret Wetjen, age 18, of 1677 Locust Dr - Williamsburg, IA, was cited for possession of alcohol under the legal age at Lot B5 (reported at 9:52 a.m.).

Tyler Lawrence Hoffman, age 20, of 4110 Maricopa Dr - Ames, IA, was cited for pos-session of alcohol under the legal age at Lot G4 (reported at 10:00 a.m.).

Evan Louis Hermiston, age 18, of 2725 Oakmont Ct - Coralville, IA, was cited for possession of alcohol under the legal age at Lot C5 (reported at 10:04 a.m.).

Jensen Helena Ward, age 18, of 3105 152nd St - Urbandale, IA, was cited for possession of alcohol under the legal age at Lot B5 (reported at 10:08 a.m.).

Brady Scott Groeneweg, age 20, of 212 Kentucky Ave - Orange City, IA, was cited for possession of alcohol under the legal age at Lot G3 (reported at 10:19 a.m.).

Kacey Jo Pietz, age 20, of 4912 Mortensen Rd Unit 1223 - Ames, IA, was cited for pos-session of alcohol under the legal age at Lot B5 (reported at 10:22 a.m.).

Samuel Richardson Fowler, age 19, of 236 Beach Rd Unit 4218 - Ames, IA, was cited for possession of alcohol under the legal age at Lot G3 (reported at 10:27 a.m.).

Janey Rose Saunders, age 18, of 609 W Farmland Dr - Maquoketa, IA, was cited for possession of alcohol underthe legal age at Lot G3 (reported at 10:27 a.m.).

Adam James Neal, age 20, of 201 S River-side Dr - Ames, IA, was cited for possession of alcohol under the legal age at Lot C5 (reported at 10:23 a.m.).

Christian Michael Ujhelyi, age 20, of 236 Beach Rd Unit 7217 - Ames, IA, was cited for possession of alcohol under the legal age at Lot G3 (reported at 10:32 a.m.).

Mckayla Sara Stohr, age 20, of 1103 College St - Cedar Falls, IA, was cited for pos-session of alcohol under the legal age at Lot G3 (reported at 10:35 a.m.).

Nicholas P Reilly, age 18, of 1017 N Grant St Unit 202 - Ankeny, IA, was cited for pos-session of alcohol under the legal age at Lot B3 (reported at 10:41 a.m.).

Samuel Russ Thompson, age 18, of 123 S Sheldon Ave Unit 23 - Ames, IA, was cited for possession of alcohol under the legal age at Lot B3 (reported at 10:41 a.m.).

Jack T Carroll, age 18, of 110 N Dubuque Unit 419A - Iowa City, IA, was cited for pos-session of alcohol under the legal age at Lot B3 (reported at 10:41 a.m.).

Brock James Gobeli, age 19, of 2152 Lin-coln Way Unit 3219 - Ames, IA, was cited for possession of alcohol under the legal age at Lot G3 (reported at 10:36 a.m.).

Micah Jonathan Daniel, age 19, of 3700 S Center Dr - Marshalltown, IA, was cited for possession of alcohol under the legal age at Lot B5 (reported at 10:52 a.m.).

Jennifer Lea Huisenga, age 19, of 200 Kirk-wood Ct SW Unit 3 - Cedar Rapids, IA, was cited for possession of alcohol under the legal age at Lot G3 (reported at 11:02 a.m.).

David Keith Bray, age 18, of 921 E 4th St - Vinton, IA, was cited for possession of alco-hol under the legal age at Lot A3 (reported at 10:58 a.m.).

Cole Michael Smith, age 18, of 221 Beyer Ct Unit 2661 - Ames, IA, was cited for pos-session of alcohol under the legal age at Lot A3 (reported at 10:58 a.m.).

Seth John Heinrichs, age 19, of 2707 W Main - Marshalltown, IA, was cited for pos-session of alcohol under the legal age at Lot B5 (reported at 11:10 a.m.).

Ethan Hunter Jones, age 19, of 218 Ash Ave - Ames, IA, was arrested and charged

with public intoxication at S 16th St and University Blvd (reported at 10:52 a.m.).

William Ray Frederick Hunter, age 19, of 415 S Hills Dr - Plymouth, WI, was cited for possession of alcohol under the legal age at Lot G3 (reported at 11:14 a.m.).

Kevin Mucha, age 18, of 2221 Roberts Hall - Ames, IA, was cited for possession of alcohol under the legal age at Lot G3 (reported at 11:16 a.m.).

Nikolas Delaine Blumer, age 20, of 7125 W Villa Rita Dr - Glendale, AZ, was cited for possession of alcohol under the legal age at Lot G2 (reported at 11:18 a.m.).

Bryce Hendricks Timmons, age 18, of 505 Hogan Ct - Muscatine, IA, was cited for possession of alcohol under the legal age at Lot B4 (reported at 11:19 a.m.).

Nolan Carl Osland, age 18, of 1958 N Tipton Rd - Muscatine, IA, was cited for possession of alcohol under the legal age at Lot B4 (reported at 11:19 a.m.).

Amberlin Elaine Corder, age 19, of 2473 Pheasant Run - Muscatine, IA, was cited for possession of alcohol under the legal age at Lot B4 (reported at 11:19 a.m.).

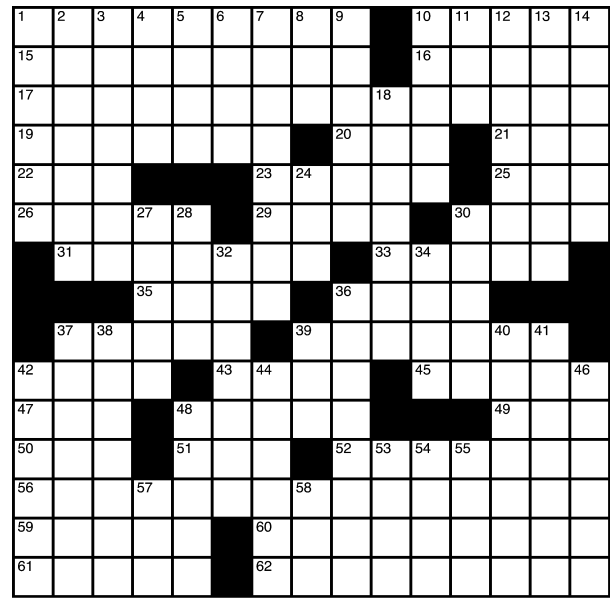
Vasudev Sridharah Nambury, age 20, of 224 Ash Ave - Ames, IA, was cited for possession of alcohol under the legal age at Lot G2 (reported at 11:23 a.m.).

John Andrew Hovda, age 20, of 3710 Carb-ry Ct Ne - Cedar Rapids, IA, was cited for possession of alcohol under the legal age at Lot G2 (reported at 11:23 a.m.).

Christian Jon Lopez, age 20, of 4625 Stein-beck St - Ames, IA, was cited for possession of alcohol under the legal age at Lot G3 (reported at 11:44 a.m.).

Samuel Lee Straw, age 18, of 1505 An-drews Dr - Pleasant Hill, IA, was arrested and charged with public intoxication at Lot G3 (reported at 11:43 a.m.).

CROSSWORD



ACROSS
1 "A Different World" actress
10 More than ready to do
15 Halley's field
16 Veronese white
17 Norwegian offerings
19 Most like a beachcomber
20 "____ Mutual Friend": Dickens' last completed novel
21 Royal letters
22 Texting gasp
23 Profile listing
25 "Yes!"
26 St. Peter's Basilica attraction
29 Many roomies
30 Match
31 The first one open on Majorca in 1950
33 Lake Geneva river
35 Princess with a Wookieepedia entry
36 "I Lost It at the Movies" author
37 Narrow vents
39 Teaching method based on set theory
42 Gent
43 Moselle tributary
45 "The Love Boat" bartender
47 Hit the ____
48 "Precisely!"
49 Lucy of "Elementary"
50 Time to look forward
51 Trot
52 Aids
56 Fails to intervene
59 Spud
60 Europe's tallest ferris wheel
61 Underhanded type
62 Mississippi has four
DOWN
1 Telecommuter's tool
2 Faith of more than 1.5 billion people
3 His was the first number retired by the Mets
4 Ireland's ____ Islands
5 Audio giant
6 Cross to bear
7 View from The Hague
8 Graph- ending
9 Cooperstown charter member
10 There's a lot of interest in it
11 Food cooked in an imu
12 Method
13 Accruing fines, maybe
14 Did a double take?
18 Chafes
24 Kin of -ish
27 Spring bloom
28 Distract the security guard, say
30 Pampas weapons
32 Assignment
34 Half: Pref.
36 Fuel that built the Rockefeller fortune
37 Adjective for "Pygmalion" or "Major Barbara"
38 Shower paraphernalia
39 Hound
40 Like owls
41 Lock-changing tool?
42 See 57-Down
44 Luanda's land
46 Triggers a bleep, maybe
48 Icelandic singer
53 Org. that rejects bad eggs
54 Van. alternative
55 Recent Yankee star named for Jackie Robinson
57 With 42-Down, spots for sailors' gear
58 Scand. kingdom

SUDOKU BY THE MEPHAM GROUP

		1				9		
8					6	7		1
4		9			7			
			6	2		3		
			4	7				
		3		9	5			
			2			8		7
1		7	8					3
		4				6		

LEVEL:
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IOWA STATE DAILY

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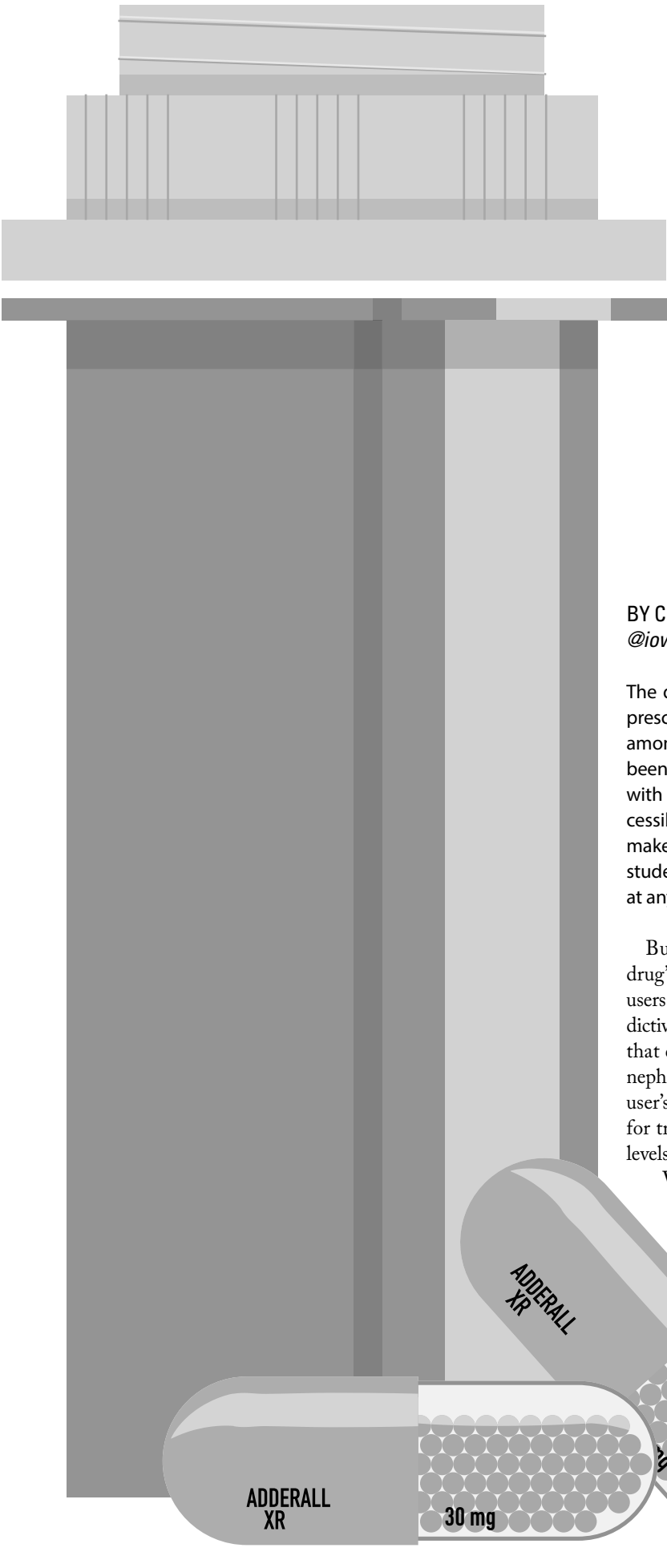
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PERIODICALS POSTAGE



COLUMN

Adderall abuse puts students in danger

BY CLAUDIA.TOLEDO
@iowastatedaily.com

The dangers of using and abusing prescription Adderall, especially amongst college students, have been swept under the rug by many with very little caution. Its easy accessibility and addictive qualities make it a go-to for many struggling students looking to get tasks done at any cost.

But this focus-oriented “study drug” has effects greater than many users are aware of. Adderall is an addictive prescription mental stimulant that dramatically increases norepinephrine and dopamine levels in the user’s brain, two factors responsible for triggering alertness and energy levels in our systems.

When appropriately prescribed, it plays a huge role in the treatment for Attention Deficit Hyperactivity Disorder. But it is often misused or abused by those without prescriptions, includ-

ing college students.

Many students begin to pop the seemingly harmless pill in order to stay awake longer and to reduce the stress caused by the often ever-growing amounts of assignments and tests.

However, many are unaware of the short and long term effects and immensely addictive qualities this drug possesses.

Short-term effects of misusing the drug include appetite suppression, drastic moodiness and irritability, and a range of potentially harmful cardiac complications.

These short-term effects may not deter use among college students, but the more serious long-term effects might. Psychosis, hallucinations, increased body temperature and heart rate, and the possibility of permanent damages to the heart and brain, which can sometimes lead to strokes or cardiac arrest, are all potential dangers.

Those who are popping this seemingly harmless “study drug” as easily as consuming a coffee or an energy drink are probably unaware of these risks.

But how are students gaining such easy access to this amphetamine-adjacent drug?

Many students gain a prescription through portraying themselves as in need of a cure to their studying disorders and focus issues, leading to large quantities being at their disposal. This

is a perfect opportunity to sell the drug amongst students and friends. Normally selling for around \$5 a pill, the drug can be spread over campuses like a virus, despite the distribution of the stimulant being illegal.

“Even at a party, it’s almost too easy to get it,” said Kelsie Leathers, senior in apparel, merchandising and design. “It’s sad that most people don’t know how dangerous it can be, it’s sort of been made into a joke.”

The tendency to become addicted to Adderall is unbelievably prevalent, as our bodies have a huge ability to develop tolerances for amphetamines. The dependency on the increased levels of dopamine released in the brain leaves users with painful withdrawals, onsets of depressive states, and prolonged sleeping issues and disorders.

As someone who has personally known many to use the drug either recreationally or for enhanced study habits, I’m well aware of how unaware thousands of students are to the risks involved in misuse. I’ve seen the withdrawals and noticed the addiction onsets, neither of which seem to be worth a few more hours of studying.

The ever-growing use of the study drug among our campus as well as many others is nothing to make light of, and informing students everywhere of the very real consequences may be just what is needed to take drug and stimulant use seriously.

EDITORIAL

Trump failed amid natural disaster

Over a two-week period, beginning on Aug. 25, both the U.S. and Mexico were hit with devastating natural disasters. In such times, offering aid relief and support to a neighbor and long-time ally is usual. However, in this instance, Mexico played the role of good neighbor while the U.S. faltered.

During Hurricane Harvey, President Trump tweeted that the wall between the U.S. and Mexico must be built, Mexico would pay for it through reimbursement if not directly and the allegedly high crime rate in Mexico made the wall necessary to protect U.S. citizens.

The Mexican government responded by saying it would not pay for the wall, but it would definitely provide support

and aid to Texas, as it had done very effectively to Louisiana after Hurricane Katrina. President Trump neither acknowledged nor accepted Mexico’s generous offer.

Then Mexico suffered an 8.1 magnitude earthquake and Hurricane Katia, causing death tolls greater than those seen in Texas and widespread damage. President Trump did not send condolences or offer aid and support to Mexico.

The Mexican government then announced that it must redirect its resources to helping its distressed citizens and focus on repairs needed within its own borders.

It formally rescinded its offer of aid and has been criticized in some quarters for doing so.

Even when countries face difficult

negotiations, as Mexico and the U.S. currently do over NAFTA, they can and should acknowledge offers of support when those offers are extended, accept the aid when the help is needed and reciprocate when the other country needs assistance. President Trump did none of those.

By contrast, Greg Abbott, the governor of Texas did all three of those steps and Mexico has expressed its gratitude toward Governor Abbott.

The relationship between Mexico and Texas has been strengthened because of that respectful exchange.

On a national level, Mexico tried to be a good neighbor, but circumstances compelled it to turn its attention inward to helping its own citizens first. In this situation, it was the U.S. government that disappointed us.

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

HOCKEY

Club team aims for nationals



MIKINNA KERNS/ IOWA STATE DAILY

All the members of the Iowa State women's club hockey team come together to work toward their goal of reaching nationals which will be a first for all of the team members.



MIKINNA KERNS/ IOWA STATE DAILY

Junior Savannah Faber steps over freshman Kelly Mulcrone while participating in a one-on-one drill during practice at the Ames Ice Arena Sep. 14.

NEXT HOME GAME



IOWA STATE
(0-0)



LAKEHEAD UNIV.
(0-0)

Ames, Iowa
Ames/ISU Ice Arena
9:45PM Saturday, October 7

BY WHITNEY.MASON
@iowastatedaily.com

Bailey Hoch, senior in kinesiology and health, put away her skates and hockey gear after her senior year in high school.

The thought was she would never play the sport again. She decided to pick the gear up for intramural hockey her sophomore year. “You don’t realize how much you miss it until you put it down,” Hoch said.

Hoch was getting off the ice after an intramural game as the club hockey team were coming on.

She stopped. This was the place for her. She found herself surrounded by women eager to know more about herself and her history of participating in hockey. Hoch was playing with the club team for her senior year. Hoch also holds the team’s secretary position.

However, unlike Hoch, Hannah Bangen, senior in materials engineering, didn’t take off any seasons, continuing the trend once getting to college. Bangen’s older sister was a senior member on the club’s team when she joined during her freshman year.

“It was nice to know someone on the team,” Bangen said. It would be the first time that the two sisters would play on a hockey team together.

Now Bangen, Hoch and other teammates are looking to their final season to have some success.

From new coaches to new competition, many on the team members spoke of their excitement for the season ahead.

The team will have a new head coach named Andre Larenzie, junior in supply chain management, that Bangen believes will help the team get to their end goal, which is nationals.

“This is the first year that no one on the team has been to nationals,” Bangen said. “We all want to make it.”

With the team’s first game Sept. 30, new competition will be introduced when the team plays Nebraska.

The match-up against Nebraska is not the only new competition added to the schedule for the team. The team will also be traveling to Canada to participate in a tournament.

“We’ve never played in a tournament before,” said Sophie Puente, president of the club and senior in dietetics.

One of the expectations that club treasurer Sara Schectman, senior in animal science, has for the team is that they will win at least one of the series against their opponents since they play

all of their opponents twice. The team looks for the chemistry to help with winning games this season as the team’s chemistry is a high point. “When the team is getting along, we’re having fun, and we win games,” Puente said.

Puente admits that when a disconnect between her and her teammates occurred last season, it lead to some games lost. “We work together as a team,” Puente said.

Schectman described the team being really close with one another like a family atmosphere.

“Most of us live with each other,” Schectman said. Schectman, who hails from Connecticut, credited the club as a way for her to make friends and to help her become emotionally stable while away from home.

Hoch said that she felt blessed being on the team with her teammates and enjoyed learning her teammates’ different interests, passions and majors.

Bangen admitted that even though her and her teammates’ attitudes can affect each other, saying that attitudes can rub off on one another, but Hoch believed that everyone has the right attitude for the impending season.

Puente said that the club has a lot of seniors and leaders that could lead to a successful season, but are hoping to fill eight spots with newcomers at tryouts last week.

“The club is geared towards girls with hockey experience,” Hoch said.

Puente hoped to have girls be added to the team that had the basic hockey skills but also know how to work within a team.

“We’re looking for girls who have hockey knowledge at this level,” Puente said. “It’s exciting to go there and show them what we got.”

“When the team is getting along, we’re having fun, and we win games.”

- Sophie Puente

FOOD

Overnight oats to brighten your day

BY MANICHANH.NAONADY
@iowastatedaily.com

Always in a hurry in the morning or rushing to find something to eat for breakfast? Overnight oats are packed with protein, fresh fruits and grains, and can be made the night before for a breakfast with substance to kick off a busy day.



MANICHANH NAONADY/ IOWA STATE DAILY

Overnight oats are a protein-packed, fruit-filled and easy breakfast to make to power through a busy week.

Strawberry Banana Oats

- » 1/2 cup old-fashioned oats
- » 1/2 cup unsweetened almond milk
- » 2 teaspoons maple syrup
- » 1/2 cup sliced banana
- » 1/2 cup sliced strawberries
- » 1/4 cup granola (optional)

Mix oats, almond milk and maple syrup in the mason jar, and top oat mixture with bananas and strawberries. Leave in the fridge overnight, and add granola in the morning for some crunch to the oats.

Peanut Butter and Banana Oats

- Prep: 5-10 minutes**
- » 1/2 cup old-fashioned oats
 - » 1/2 cup unsweetened almond milk
 - » 2 teaspoons maple syrup
 - » 1 tablespoon powdered peanut butter
 - » 2 tablespoons peanut butter
 - » 3/4 banana, sliced
 - » 1/4 cup granola (optional)

Mix oats, almond milk, maple syrup, powdered peanut butter and peanut butter in the mason jar. Top oat mixture with bananas, and leave in the fridge overnight. Add granola in the morning for some crunch to the oats.

Apple Cinnamon Oats

- Prep: 5-10 minutes**
- » 1/2 cup old-fashioned oats
 - » 1/2 cup unsweetened almond milk
 - » 2 teaspoons maple syrup
 - » 1 teaspoon cinnamon
 - » 3/4 chopped apples
 - » 1/4 cup granola (optional)

Mix oats, almond milk, maple syrup and cinnamon in the mason jar. Top oat mixture with apples and leave in the fridge overnight. Add granola in the morning for some crunch to the oats.

MUSIC

The albums, music you should be listening to

BY PARKER.REED
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WHAT’S NEW?

Albums
“Concrete and Gold” - Foo Fighters
The Foo’s are one of the most consistent rock outfits of the last 20 years, continually putting out quality albums (maybe save for 2014’s “Sonic Highways,” yikes,) every 3-4 years. This newest effort is no different, and might actually be one of their best. Regardless, don’t miss out on one of the Foo’s strongest showings this century.

“Brick Body Kids Still Daydream” - Open Mike Eagle
Up-and-coming rapper Open Mike Eagle is dropping his newest effort today with a heavy dose of self-awareness. The “Project Blowed” member has been gaining steam in the passing months due to an increased exposure. Eagle’s newest

LP is also being released right before the rapper’s appearance in Ames Sept. 23 at the M-Shop.

Singles
“Too Good at Goodbyes” - Sam Smith
This one technically dropped a week back, but we couldn’t stop spinning it all week in the office. Smith returns with a familiar sound, but one that is also refined and aware of what it wants to be. The Grammy-winner sticks to what he knows in his new track, but when you’re this good at what you do, why would you change?

“Warm Glow” - Hippo Campus
These Minnesotan indie-rockers had a big summer, performing at a host of music festivals including Bonnaroo and Lollapalooza, so they’re returning with a small group of songs to celebrate their successful past few months. “Baseball”

and “Traveler” are noticeably more upbeat compared to the group’s debut effort “Landmark,” which released earlier this year, and “Warm Glow” continues to showcase the band’s absorbing qualities.

IN CASE YOU MISSED IT...

Spotify launches new iMessage-integrated app
Spotify just launched an app that allows you to send tracks to others who can then play the songs in-chat. No more having to launch Spotify just to hear a song you think is extremely mediocre. Rejoice!

>> ROTC PG1

Captain Daniel Torrence spoke to the cadets in the Gold Star Hall, once they caught their breath.

“Be cognizant of why you did what you all did today,” Torrence said.

Iowa State’s Air Force ROTC detachment recognizes POW/MIA with their run, but cadets from the detachment stand guard in Gold Star Hall at the Memorial Union during the day.

“Standing guard in Gold Star Hall gives other students a visual to understand what the day means,” said Captain James Hamaker, operations flight commander of the detachment.

Wiza said that he took two breaks during the run, to rehydrate and rest, but still ran a

marathon length.

“I’m tired,” Wiza said. “I’m going to hydrate, ice up and probably go to sleep real early to-night.”

This event is organized by the cadets, Hamaker said, in every facet of the planning.

“To see the cadets be independent and bring this important day to fruition is awesome from my end,” Hamaker said.

The day, which is nationally recognized, is meant to acknowledge American POW/MIA, and the Air Force ROTC at Iowa State annually chooses to run as their way to honor those soldiers.

“This run is a great representation of [POWs’/MIAs] sacrifice, it’ll never amount to the sacrifice that they gave though,” Wize said.



GILLIAN HOLTE/ IOWA STATE DAILY
Captain Daniel Torrence listens to Lieutenant Governor of Iowa Adam Gregg before the POW/MIA run from Iowa State Capitol to the Memorial Union.

>> HAILA PG2

“So the question of the conversation would have to be ‘does the city insert itself into that topic or issue, or not,’” Haila said. “If so, on what grounds would it do that?” Which would call into the question, what’s the philosophy between separation between private property owners and the city. I’d have to think that one over before I really gave you an opinion one way or the other.”

Haila said his initial interest was in running for city council but his aspirations changed when he found out Mayor Ann Campbell may not run for office again.

“I was approached by a couple people who said ‘Hey, Ann [Campbell] may not be running again, would you consider running for mayor? We believe that your leadership qualities and attributes and what you’ve demonstrated through your business, through CAA, through transit board would really serve the community well.’ And I didn’t make that decision lightly, so I believe in wisdom in many counselors,” Haila said. “So I

met with about 50 or 60 people across a broad cross-section.”

Haila said he met with all of the city council members and asked if they were planning to run before he announced his candidacy.

Haila said he would have supported any of them, instead of running himself. Haila also said that he contacted Mayor Campbell to offer to work on her campaign instead of running if she were to run again.

“I intentionally waited until she announced that she is not going to run, which was like in early April, I think. Then I announced at the end of April, again, out of profound respect and appreciation for [Campbell],” Haila said.

Haila found HAILA-ASP, originally operating out of Boone, but eventually moving his business to Ames.

Haila met his wife, Mary, at Iowa State and they moved to Boone following graduation and raised two sons who also attended Iowa State. Although the Haila family moved to Boone,

they kept their roots in Ames.

“We moved to Boone but we just had lots of friends here in Ames, we were involved with the faith community here, so we pretty much just lived here on the weekends,” Haila said.

Haila brought the business to Campustown in Ames in 2009 because he felt being near Iowa State would be good for business and increase his talent pool. Haila eventually made Ames home again in 2011.

Haila got involved with the Campustown Action Association in 2010, serving as their president until 2012 and ended his official involvement in 2014.

“That got me involved with talking to both the city council, as an advocate for Campustown Action Association, and Dr. Hill and Warren Madden and Steve Schainker,” Haila said. “While I was on Campustown, actually on the board, Mayor Campbell approached me and asked if I would consider serving on the transit board.”

FEATURE PHOTO



JACKIE NORMAN/ IOWA STATE DAILY

>> Air Force ROTC honors POW/MIA at the Memorial Union

Third Class Cadet Ben Colson stands guard at the Gold Star Hall with fellow Air Force ROTC cadets Tim Howe and Keaton Kline standing by on Sep 15. These sophomores are participating in an event called POW/MIA that occurs on the third Friday of September every year. The day honors the people who went overseas and did not come back, such as prisoners of war and personnel that went missing in action.

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